

Throwing Standing Throw

COACHING POINTS

4. GRIP ACROSS SEAM



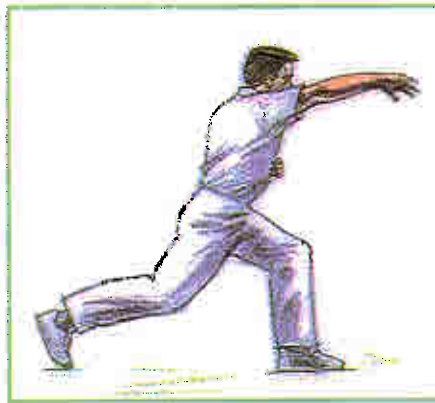
5. LONG STRIDE & BACKSWING WITH WRIST ROTATION



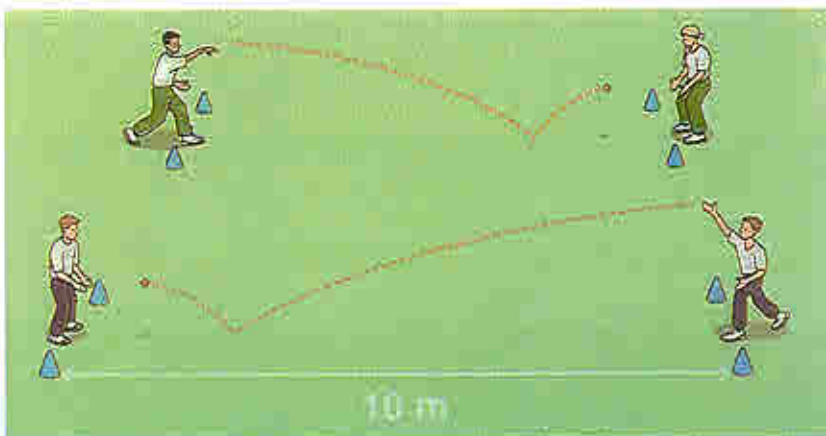
6. THROWING ELBOW SHOULDER LEVEL/ABOVE



7. BACK LEG TRAILS UNTIL AFTER RELEASE



8. FULL FOLLOW THROUGH



Organisation

Underarm service

5 goes each

Target for bounce throw

"Bobble" feed for more difficulty

Game